



Mediterranean Pasta Salad

NIBBLEDISH CONTRIBUTOR

Ingredients

2 cups whole wheat rotini
Juice of 1/2 lemon
3 tablespoons red wine vinegar
1 clove garlic (2 if you really like garlic)
1/2 tablespoon Italian seasoning
1 tablespoon oregano
1/2 tablespoon basil
1 tablespoon spicy brown mustard
3 tablespoons olive oil
1 medium yellow or red bell pepper, diced
1 medium carrot, peeled and diced
1 cup English cucumber, diced
1 cup tomatoes, diced (cherry or grape tomatoes work well, if not no worries)
1/2 cup feta cheese
1/2 cup pitted Kalamata olives (optional)
Black pepper to taste
Bag of fresh spinach

Instructions

1. Bring a large pot of lightly salted water to a boil. Cook pasta, stirring occasionally, until just tender, about 8-10 minutes, or according to package directions. Drain and rinse under cold water. Set aside.
2. In the bottom of a medium bowl stir together lemon juice, vinegar, garlic, seasonings, and brown mustard. Whisk in olive oil.
3. Add chopped vegetables, cooled pasta, feta and olives to the bowl. Toss dressing to

evenly coat.

4. Serve over fresh baby spinach for a meal or as a side.